

BRIDGES

WEDNESDAY, JULY 3, 2013

THE TOP THREE:

We take a look back at the top three stories in our most popular sections. **P. 4**

MUSIC:

The best summer jams courtesy of Saskies in the know. **P. 25**

ON THE SCENE:

At the SKBC SYPE Silver Spades Entrepreneurship Awards Gala. **P. 28**

A STARPHOENIX COMMUNITY NEWSPAPER

HAPPY BIRTHDAY

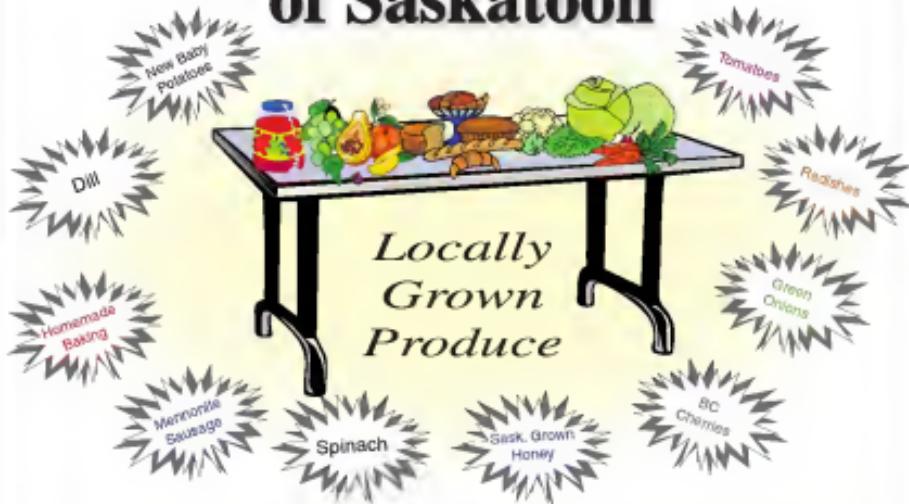
AT THREE,
WE STILL TAKE
THE CAKE



Krista Sharp and
Michael Berg

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COVER STORY PG. 10



Plus-size, 1994 John Gossel has dominated the field in her four years with the Stratford Vikings of the Waterloo Waterloo Canadian Football League. **BRIDGES PHOTO BY MICHAEL BROWN**

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THE TOP THREE PG. 4



In celebration of our third birthday, we take a look back at the top three in print. On the Cover features: Spaces stories and Sharp (left column). **BRIDGES PHOTO BY ANDREW SPARSH**

CAKES BY JEN CREATED BRIDGES' BIRTHDAY CAKE BRIDGES COVER PHOTO BY GORD WALDENSE

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BRIDGES BIRTHDAY

ON THE COVER: A RETROSPECTIVE

We look back at the top three covers

The focal point of Bridges each week is the cover feature. Saskatoon is overflowing with people worthy of being featured on our cover. There are people that are shaping the city with their actions and forward thinking to make it a better place. Some are fighting personal battles with disease, while others excel in their chosen field. By spotlighting these people we hope to bring joy and inspiration to your day. Read on for our top three cover features we started this venture in 2011.

ISSUE: SEPT. 16, 2011

By Charles Hamilton

Ryan Leier just got back from a nearly long European tour with the world's biggest rock band. He wasn't doing backup songs though. He was teaching yoga to Arcade Fire.

"I taught them all yoga. We usually do it every second day," he said in an interview via Skype from Mum, Chester, UK.

If there is such a thing as a rock star in the world of yoga, Leier might just be it. He's Saskatoon's most recognizable yoga teacher. He's only been practicing the mind-body art for the past seven years. But in that time, he's managed to open five studios — one in Saskatoon and one in Vancouver. And those days they have travelled the country and the world learning and spreading his knowledge and love of yoga.

After he graduated high school, he played professional basketball in London for two years. While doing yoga helped him to realize he wanted a change in yoga. But the more he practiced it, the more he came to understand that yoga can do much more than simply help his body. It began to heal his mind. That's when he became completely enthralled with the practice.

"I was a pretty rough man; space those days with anxiety and depression and stuff like that. And yoga just gave me freedom from that. I felt so good for my body to do it you



HOT YOGI

HOW RYAN LEIER OF SASKATOON BECAME ARCADE FIRE'S GO-TO GURU P. 8

FREE

THISISPHOENIX.COM/PHOENIX

known," said Leier.

Today, Meditation, Leier's yoga name and instructor, and there are five teachers like Leier who genuinely live and breathe the practice and remain grounded in the teachings rather than the type

"There are some teachers that are in the yoga machine. They are really trying to promote themselves. I think Ryan is in that same mode where he is doing what he's doing out of self-preservation but just being available when the institutions close," said Michaela.

Leier is steadfast in his belief that yoga can change your life — it can bring people together in a way that almost nothing else can.

"Maybe art or music is like that, but you don't see many physical

strength that can do that."

In 2011, this cover shot received an award of excellence in portrait photography on the 33rd annual Best of News Design competition, held by the Society of News Design.

BRIDGES BIRTHDAY

ISSUE: JULY 26, 2012

By Charles Hamilton

One frigid January morning, Brad Christianson wakes up in his own bed, knowing he would fall asleep that night in the confines of the Barrie Institution Correctional Centre.

The entire before has sentencing, he had a tattoo inscribed on the inside of his right forearm that read: "God, give me the strength to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference."

The tattoo is a permanent resignation, a capitulation to life as a Saskatoon gangster. Still Up is also inscribed on his forearm — the moniker of his newfound brotherhood.

Christianson goes his first day going when he was 11 years old. Six months later he was doing his first stint in prison.

"You can be a good gangster, you can be good at stabbing people. You can be good at robbing people. You can be good at doing what you can be good at," he tells a group of teens in the details, many of them naturally inclined as he goes his presentation. "But if you are going to go hang out you are going to jail. It is not a matter of if, it's a matter of when."

Like many other young men in Saskatoon, Christianson left gang life behind with the help of a 25-year-old Catholic priest, Father Andre Pellerin. Still Up is a grassroots, non-profit group dedicated to helping young men and women break free of gangs and the addictions that so often lead them toward the destructive, criminal lifestyle.

On the morning of his court date, Father Andre is there waiting with him.

Inside the courtroom, Andre issues a strong defense of the young man he hopes will one day follow in his footsteps.

"I have a ton of respect for him," said Andre.

But his plan is not enough. Andre's eyes water as Christianson's sentence is pronounced. Because of his criminal record, he gets five years for his role in a home invasion in September 2010.

"I didn't change my life for this court date," Christianson tells the court. "I changed it for myself."

He accepts the punishment to end his brotherhood, a hard life in federal penitentiary in Prince Albert. He will spend 32 hours a day in his cell doors.

But the buttons on his arms will tell no one not a soul outside of two things. The man he was the day he went in. And the man he hopes to be once he is released.

WALKING THE LINE

FOR PATRICK HORNIGE TOLD TO DYE THE DIFFERENCE BETWEEN GAMBLING AND FRESHMAN DILECTIC BLACK AND WHITE

E. B.



MAKING A MARK FOR TRACY

AFTER LOSING HIS FRIEND TO CANCER, DORY KAGG IS LEADING A FUNDRAISER TO RAISE MONEY FOR RESEARCH WITH HOPE AND DETERMINATION

BY JENN SHARP

Gary Kagg's smile is contagious. But it hides a world of pain.

Our photo of him dancing with Amy Beckstrom at the Park Wig Gals in April was one of the most popular pictures we've ever posted on line. The look of pure joy on his face drew people in. They wanted to know more about him.

Gary met Tracy Dohr shortly after returning from a backpacking trip to Banff in 2010. The two fell in love and moved in together a few months later.

In November 2011, Tracy was diagnosed with stage four small cell cervical cancer. A rare and aggressive form of cancer, Tracy already spent months in and out of hospital. She was 30. He was 26. They had a great life together.

After months of intense chemotherapy and radiation, Tracy was told it was not working. He had six months to live.

"We didn't want to believe that," said Gary. "We wanted to believe in alternative treatment, but we needed money to be able to do that."

Her family and friends sprung into action and organized a birthday fundraiser on March 18, 2012. They raised \$20,000 and launched the Park

ISSUE: JULY 16, 2013

By Jenn Sharp

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Wig Foundation.

After exploring alternative treatment options (and not feeling confident about any of them), the two decided to instead fulfill a longtime wish of Tracy's to visit Hawaii, where her family also joined them.

Before the trip, Tracy was sick, vomiting every day and unable to leave her bed. A few days after arriving in Maui, her health improved considerably. Gary is thankful for the memory of long walks and watching her enjoy the taste of fresh food.

"It changed everything. It gave her some hope, a chance to be happy one more time."

Tracy died a few weeks after returning home, on Mother's Day May 18, 2013, with her mother and father by her side. Her final wish was that the Park Wig Foundation continue. She wanted to help others battling cancer.

Charity events are held annually and a request or chance to receive funding from the funds goes to Amy Beckstrom, who is the first to receive \$10,000 from the Park Wig.

"I would have never been able to live if I had to pay for everything." Amy said of treatments she required in Toronto.

"We want to give people who are struggling through cancer a smile. They are not forgotten. There are other people that have gone through it, too," said Corp.

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BRIDGES BIRTHDAY

SPACES: A RETROSPECTIVE

The top three

Bridges has had the opportunity to visit some pretty gorgeous pads since we began in 2011. And while other sections have come and went, the foiled and frayed Spaces remains a reader favorite. That's great news for us because we love discovering Brookline's most creative and beautiful hidden gems. Please pass along your recommendations for a future Spaces feature: bridges.thestp.org/space.

And now for your viewing pleasure, are the top three Spaces from our last three years.



BRIDGES PHOTOS BY ANDREW SPEARIN

ISSUE: DEC. 12, 2011

WHY? Neil Berger, station manager at CTRR, Sakakwa, a community radio station.

WHAT? CTRR's headquarters in the historic McLean Building at 262 2nd Ave. S. Neutral light fills the space through the large windows, all of which are framed by the legs of vintage office chairs. The space is more than big enough for CTRR's 30,000-strong CD library.

WHY? The McLean Building opened in 1910. The first occupant were five real estate agents, a banker, doctor and 11 private tenants. The building became vacant in 2004 for nearly seven years until CTRR moved into the shed floor. Souther Foothills also occupied the ground floor. [Ayala's kitchen and bar has since taken over that space.] "Our motto at the time was 'From the house to the motto,'" said Berger. "Because where we were in [the] basement [the old study] was fifty by thirty and crazy, and we'd been there for 12 years, so to get this place was amazing."



ISSUE: JULY 26, 2012

WHY? Joan Ann Deegan and Wellington Hastings.

WHAT? A three-year-old Deegan. Basically the coolest kid's basement Bridges has seen yet. It's complete with a reading nook, whitewashed storage area, storage bins, closet and even a light switch close to her bed.

WHY? "Children constantly need to interact with adults and less 'alone space' in which they should be allowed to have a bit of a kid's world space?"

The idea was inspired after a shopping trip to Whole Foods. The hardware they found fit Dr. Seuss theme so Jo and Ann ran with the idea. Joe and Anna died recently on the moon during the windows over a three-month period. A massive undertaking, said Joe but well worth the effort.



ISSUE: MAY 16, 2013

WHO? Anthony Belukas, local mystery writer and avid art collector.

WHAT? His house, filled with over 300 works of art from around the world, including many local pieces. In honor his love for writing and travel, every piece tells a story in the themed rooms throughout the art gallery-esque home.

WHY? Anthony Belukas was a writer, he was an accountant who needed a creative outlet — art was

that he had. "These [artists] can't really express and all these wonderful feelings — peaceful can be on dark — when you look at something I think it's amazing," he said.

An avid endurance runner, he hosts several fundraisers at his home and uses the art as revenue for an excellent community service for patients. Belukas doesn't think he'll ever stop buying art.

"I think eventually I'll start attacking pressure art against the wall and they'll just end up in a location to keep each piece fresh and interesting,"

BRIDGES BIRTHDAY

SHARP EATS: A RETROSPECTIVE

The top three

By Jenn Sharp

When Sharp Eats began, a spson in Bridges devoted to foodie friends, some thought it would be impossible to find enough information for a weekly column. In the country there's usually too much to maficte in the spot each week. There's a shift happening on the Prairies, one towards a locally sourced future of food grown by people who care and prepared by chefs who delight in creating culinary dentures.

Here is the top three examples since the column began, with a social commentary thrown in for good measure of people who really care about good food in Saskatchewan.



A table of customers at Winston's Pub are all on their phones during a meal.

PHOTO BY ANDREW SPARROW

ISSUE: SEPT. 27, 2012

TEXTING: A MODERN ETIQUETTE CRITIQUE

Do more y'all be texting — maybe you've deleted. Two people are out for dinner together but they hardly speak a word. What? They're texting, checking Facebook or email, playing with a app or something through their Twitter feed. It's ridiculous. Have you watched someone try to text while eating? Ridiculous.

It's even worse with kids. So many seem to be abbreviated by electronics all the time. Put the pad down and join in the conversation.

What's even more absurd than watching the people on their phones during dinner, is watching a group of friends on these phones. I'm not sure when talking to the people at the table because all I focused on was what I see, everyone has his or her cell phone out. You know, just in case someone better calls.



The Prairie Harvest Cafe's maple bacon donut with berry coulis and a maple crème brûlée. (PHOTO BY ANDREW SPARROW)

ISSUE: AUG. 9, 2012

BACON SATISFACTION

People love bacon. There's an entire website dedicated to the art of cooking with bacon and making your own bacon. There's an app for bacon lovers. There's even a company in Seattle that makes bacon pie. Bacon. Up front. Bacon personal lubricant (gross) and cookies with bacon. or bacon-flavored cookies you can email when you're dead.

The trend is fluctuating as incorporating bacon into desserts. It may sound weird at first but remember when you first discovered that bacon dipped into your pancake syrup tasted damn good?

It's that delicious combination of sweet and salty that draws people in, said Mike McLearn, owner of Prairie Harvest Cafe. He created the restaurant's best selling dessert, baconnaise bacon donut doughnuts with berry coulis and a maple crème brûlée.

Prairie sells as many what you do with it. Especially if it's a good quality.

Amen to that.

BIRTHDAY



1402 year Brian Bois and his wife Roberta opened Robbin Gardens — Saskatoon's first boutique vertical farming operation. (Photo by Michaela Bois)

ISSUE: JULY 10, 2014

VERTICAL FARMING MAY SPROUT MICRO-GREENS FOR THE MASSES

It's seem like a scene out of a science fiction movie. Now after row of sprouted seedlings grown in a controlled, indoor environment — enough to feed the entire city several times over.

That is reality for Brian and Roberta Bois, of Saskatoon. The couple is thinking of the future with Robbin's first boutique vertical farming operation. Robbin grows wholesale micro-greens, like pea radishes, sunflowers, beets and arugula. They also have a booth at the Saskatoon Farmers' Market.

"It's super healthy — the nutritional value is higher than lettuce," said Brian. (Pea shoots have high amounts of folic acid.)

Besides the healthier option, it's a better choice for the environment than lettuce, which takes more land and resources to grow. The numbers are shocking. In the top 100 square feet of grow top space, the couple can grow 3,000 pounds of food per month, or 36 tons per year. The water use is minimal and 10% is recirculated through hydroponics. A high-efficiency furnace keeps the plants happy and costs down.

In every aspect, this was built around being environmentally friendly.

Dr. Chris Thomson cares about his patients. Help him treat patients with serious hand injuries quickly and efficiently, eliminating time spent travelling, waiting and worrying.

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ON THE COVER

JULIE DAVID

Valkyries tailback runs wild in the WWCFL



Valkyries running back Julie David who first started playing football four years ago at Griffiths Stadium. She said she was recruited her first year but she has learned the game quickly. INSET: PHOTOS BY MICHELLE STENG

By Don Rice

Julie David is a football natural, but she didn't always know it.

She went to her first ever football practice four years ago. It was a Wednesday. By Sunday she was playing in her first tackle football game with the Saskatoon Valkyries. She was terrified the entire first year.

"I still didn't know what I was doing half the time," David said.

Since then, she's racked up more than twice as many rushing yards (2,020) and touchdowns (54) as any other Valkyrie. Almost half the Valkyries' touchdowns over the last three years have been scored by the 21-year-old running back. Her highlight reel: variety. Odds are she is actually the all-time Western Women's Canadian Football League (WWCFL) rushing leader but records were not kept. She is also at or near the top of the league in receiving and kick return yards. And she's a strong player on defense when called upon.

"I don't know how much

she emphasizes that she is one of the most important players on the team

if not the most important," said fourth-year Valkyries starting quarterback Canada (Hannigan). "In my opinion, having her there, I feel like 1,000 times more comfortable when I go up to the line of scrimmage and I know that she knows where she's going."

At her first practice, David struggled to put on her equipment. She didn't know what position to play

and the general manager suggested running back.

"She really didn't think out to see that much, which seems funny to say now that we think her," head coach Jeff Young said.

Despite all her personal success on the field, David always rediscusses attention to her team. She says she doesn't feel like a star in her league.

I don't know how much more to emphasize this, she is one of the most important players on the team, if not the most important. — Candace Bloemquist



McNally, Judge Devorethwa with the baf during the conference final in the Regina Riot at Griffiths Stadium on June 23 2014. **REGINA PHOTOGRAFIC**

"Not at all," she said. "It's such a team sport that one person can't do anything without the other people on the field."

Even her first single game — a six-touchdown, 377 all-purpose-yards monster effort in the second Valkyries league championship game in 2012 — isn't a chance to boast.

"I don't think it was anything special that I did," said the 20-year-old David. "She had the rushing and one receiving touchdown in that game. You know, (Lilou) can pretty much throw whenever she wants, so that passing one is pretty much all her and me. And the other ones are just the other two making those plays."

Block 1 just kind of runs.

The WMCFL features the highest level of women's tackle football in Canada. Instead of playing in front of tens of thousands of screaming fans in fire paint, the women play to a couple hundred or so, mostly their friends and family.

—
—
—

Authentic Amish Cooking



Chocolate Chip Cream Cheese P.

Chill together:
 1 C Butter
 1 C. White Sugar
 1 C. Brown Sugar
 1 E. Vanilla
 2 Eggs

1 cup Milk
 1/2 cup Instant
 Vanilla Pudding
 Mix together:
 2 1/2 C. Flour
 1 cup Chocolate Chip
 1 T. Baking Soda

Form half of dough in a 9x13 pan, press into a even layer. Beat 2 lbs. beaten cheese, 1 C. Sugar and 2 Eggs. Pour over crust. Cover with aluminum foil and bake 45-50 minutes at 350°.



Corn Bread Salad

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It's such a team sport that one person can't do anything without the other people on the field.

—David



Malones celebrate after Watchoweky, Julie David and Marco Kudoh celebrate a touchdown during the conference final on June 22. PHOTOS BY MELISSA RICH

The Valleyview are the most successful franchise in WFCU, having winning the first three league championships and losing only one of 30 total games in an eight-year stretch. Headcoach is Alain Lavoie. They have outscored opponents 1,195-361 and have a chance for a fourth straight title this weekend, hosting the Lethbridge Steel in the championship game on Saturday at 7 p.m. at Griffin's Stadium.

Those who follow the Valleyview recognize the speedy fast-foot, six-inch David for his abilities, whether they know her by name or not.

Desiantee Marie Kiedyk, who teaches self-defense at Acadia Borromeo College, says the girls there will continue an already winning track and field record.

"She's a standout player because people can't play with her," said Kiedyk's. "She's the all-time leading Valleyview receiver. She's faster than everybody. And if she's not faster than you she's smaller than you and so she'll beat you with her route running or with setting up her cuts."

"People who come out regularly and watch our games they always come back to see her and they say, 'Wow,

but Julie David she's a pretty cool player!'"

David is one of 18 Valleyview players, 17 from Redcliff, to qualify the team Canada's entry into the Women's World Championship in Finland in 2013. Canada reached stage with a silver medal and David was named the most outstanding individual female player of the tournament with 300 return yards to go with three touchdowns, including a 99-pointer.

"Throughout my first couple years all my coaches and all my teammates were helping me to run longer. I would run really high, so the very first time I actually lowered my shoulder and dropped somebody I kept

missing and she was on the ground — that was a really proud moment for me."

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"Her toughness I find incredible," said Yarie, who was also the "Team Canada" head coach. "She's not a big

player but she plays big. She delivers blows on people trying to tackle her. In my mind she plays 30-30 pounds bigger than she is."

"And then her work ethic ... she doesn't miss a practice; she does not miss a rep in practice. Her reps are fast speed. She just wants to give everything she's got every play, every time she touches the ball. If anything, we've got to pad the broken in her and get her to slow down a little bit more when she is brought up."

Continued on Page 14

She's faster than everybody. And if she's not faster than you, she's smarter than you and so she'll beat you with her route running, or with setting up her cuts — Marci Kiselyk

All-time Saskatoon Valkyries Offensive Leaders*

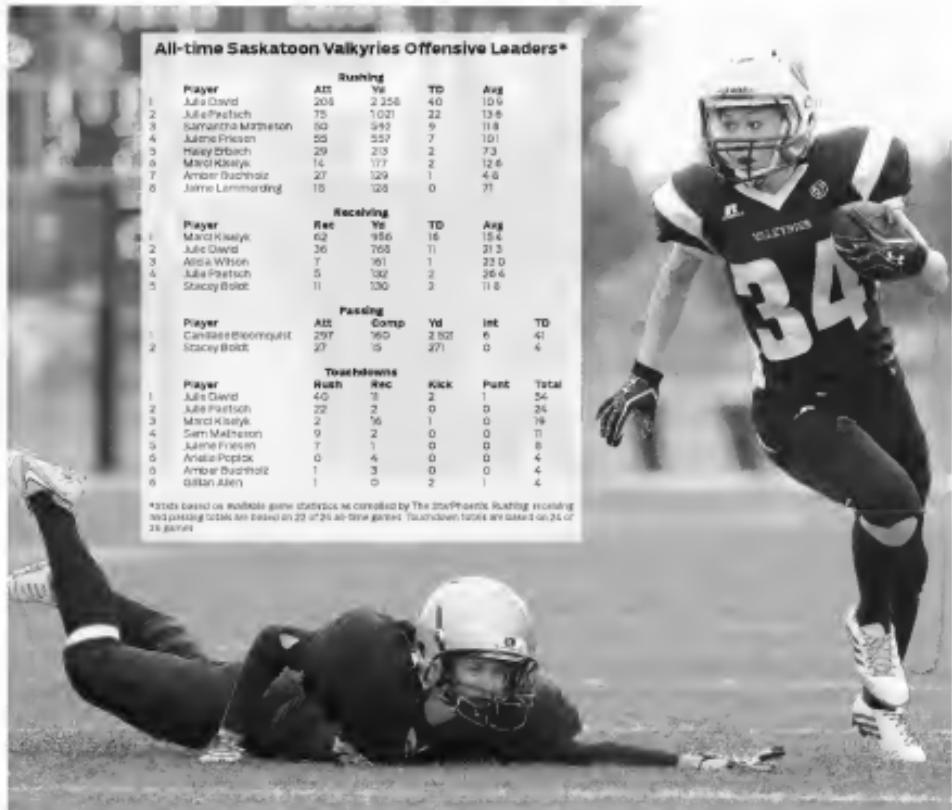
Rushing					
Player	All	Yds	TD	Avg	
Julie David	2005	2,258	40	10.6	
Julie Pfeiffach	75	1,021	22	13.6	
Samantha Matheson	50	943	9	18.8	
Julene Friesen	59	537	7	10.1	
Healy Erbisch	29	213	2	7.3	
Marci Kiselyk	14	177	2	12.6	
Amber Bushnell	27	129	1	4.8	
Jeanne Lemmerding	15	120	0	7.1	

Receiving					
Player	Rec	Yds	TD	Avg	
Marci Kiselyk	62	956	16	15.4	
Julie David	26	768	11	21.3	
Allisa Wilson	7	161	1	22.0	
Julie Pfeiffach	5	132	2	26.6	
Stacey Bokta	11	130	3	11.8	

Passing					
Player	All	Comp	Yd	Int	TD
Caroline Bloomquist	297	260	2,821	6	41
Stacey Bokta	27	19	271	0	4

Touchdowns					
Player	Rush	Rec	Kick	Punt	Total
Julie David	40	8	2	1	54
Julie Pfeiffach	29	2	0	0	29
Marci Kiselyk	20	16	1	0	26
Samantha Matheson	9	2	0	0	11
Julene Friesen	7	1	0	0	8
Allisa Wilson	0	4	0	0	4
Amber Bushnell	1	3	0	0	4
Julian Allen	1	0	2	1	4

*Stats based on regular season statistics as compiled by The StarPhoenix. Rushing, receiving and passing stats are based on 22 of 25 all-time games. Touchdown totals are based on 24 of 28 games.



And then her work ethic — she doesn't miss a practice, she does not miss a rep in practice. Her reps are full speed. She just wants to give everything she's got every play, every time she touches the ball. — Jeff Maukie

PHOTO BY JEFF MAUKIE

Despite David's natural athletic abilities, she had everything to learn about football. The George North Secondary School school she attended didn't have a football program for boys or girls.

As a child growing up in Barrie, she started playing sports even before she could play with a team. Her dad would take her to a park and tell her, "Okay I'm taking you — run around the track." Athletes were important to her parents.

She joined her first soccer team when she was five, and continued to play the sport for many years, including helping her under-11 club team to a bronze medal at the national championships. She also tried diving and trampoline, and spent a brief time in track and field. But she can always remember football.

David had one older brother, 32-year-old James, who tried hockey briefly when he was younger but didn't really enjoy it. She also has an older step-sister, Cherie Warkentin (27) and younger step-brother, Beau Warkentin (18). The three of her older kids took to sports easily as much as David did.

Her entire family, including her mom, Linda David Barnes and step-dad Craig Barnes as well as dad Gerry Lorne and stepmom Louise Warkentin, continue to live in Barrie and Port Moody. David moved to Saskatoon to be closer to some relatives and attend the University of Saskatchewan.

She played two years for the Badger women's soccer squad, but her time there was not what she had hoped for. Portia mainly for the opportunity to play football for the Valkyries came along.

During that first year, the Valkyries employed a different rule on their feature back — Julie Pashby. She led the league in rushing and touchdowns while David played a lot of defensive back, learning the game. She got more opportunities to carry the ball through the seasons as she learned from Pashby.

The Valkyries used David primarily to run inside around the mid-line because of her speed and agility to get around corners. But with defenses making adjustments, David learned to run up the middle too. By her second year, she was the feature back, while Pashby moved primarily to the defensive side of the field because of injuries and personal preference. Eventually David became a triple threat as a dangerous runner and look receiver as well.

Both David's parents made trips from

B.C. last year to watch her play in different games. Her dad and step-mom came to watch what turned into a thrilling 49-45 win over Regina.

"That was really exciting that my dad came out for," said David. "That was the first time he'd seen me play I convinced them both to come out. All of my dad's family is here — my aunts and uncles and my grandparents — as they all came out in that one."

And then her mom and step-dad were there in a 49-26 win last year's champs on the game.

The team that was on the verge of a fourth straight championship has changed drastically. Only eight players return from the 2011 team.

That team, the Valkyries, returned to rookies on their original 48-player roster and were anticipating a rebuilding year. Instead, they put together the best regular season in franchise history, having secured the upcoming 1947 Division 1A title and signed up to become a leader and teacher for the younger players a role she is well-suited for.

One of the players that has benefited most from David's mentorship has been fellow rookie starting running back Sean Matheson.

"I can go up to her and ask her anything," said Matheson who has 11 touch downs this year. "And she'll go through it with me and not only tell me what to do, but teach me and help me as I usually know (it) already or learn better."

Although it is Matheson's first year playing tackle football, she has played rugby for several years. One of last year's rewards on Matheson's rugby team was David herself, who had never played before. Her eyes light up when she talks about rugby.

"I'm so mad at my parents now. They should have (brought rugby) for me," she jokes.

Between rugby and football, David has found a lot of success and a lot of fun in recent years. She would love to see more girls try football.

"Don't be scared to join," David tells young girls. "I know playing a new sport no matter how old you are, can be scary, but just go out and try it."

"These girls are my family now. They'll be my friends for the rest of my life. It's not only a wonderful experience learning this new amazing game, but I have this whole family now."

STORY BY JEFF MAUKIE



Abbie Goss, a native of B.C., is a college athlete who is trying football for the first time. She is a member of the Valkyries football team.

She really didn't stick out to me that much, which seems funny to say now that we watch her.

— Kaustie



JULIE DAVID'S HIGHLIGHT-REEL TOUCHDOWNS:

- In a 2012 game against the Manitoba Fearless David had only five carries, but scored four touchdowns on 238 yards rushing.
- David had a 93-yard kick return touchdown in 2013 against the Regina Riot.
- She ran the opening kickoff back for a 78-yard touchdown in a game this year against Regina.
- David scored six touchdowns in one game and five in another, as well as four majors in four different games (the latest on June 15) and three touchdowns in four other games (the latest on June 22).

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Image used with Jason's permission
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Gabby Lugo has been working out at the Mosaic Baby Outdoor Senior Fitness Class along the Mosaic Trail for the last two months. They gather every Tuesday and Thursday at 6:30 a.m. to meet new friends and get a whole body workout. No registration and for the starting session, call 480-476-2876 or email SocialMedia@MosaicPhoenix.com. Mosaic's 10th birthday is Saturday, July 12.

Watrous Manitou Beach



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Watrous / Manitou Beach

2014 summer events calendar

July 1
Canada Day all-day activities and fireworks
Manitou Beach

July 4 to 6
Twilight's Ball Tournay
Watrous Sports Grounds

July 5 and 6
Spirit of Manitou Studio Trail

July 19
Kinsmen Beach Boogie
Watrous Arenas

July 24
Brad Johner & The Boys
Danceland

July 26
Watrous Fun Run Show and Shine
Main Street Watrous

Saturdays
Farmers' Market
Watrous Civic Centre

Sundays
Flea Market
Manitou Beach Sports Grounds

Friday and Saturday nights
Dances
Danceland

Tuesdays
Toonie Tuesdays
Danceland

For more information on these or other events going on in Watrous and Manitou Beach, visit www.watrousmanitou.com or call 1-877-758-8665.

Watrous-Manitou's economy continues to grow

Continued from Page 14

explained that the area's tourism sector has always been successful. Watrous is hoping to push this success even further through developments at Manitou Beach and, with Tourism Saskatchewan, through a new community tourism plan and re-focused branding efforts and how the town can continue to grow its tourism sector.

"Generation after generation of people have been coming here. Resting in the water ... so we're looking at the next phase of that now," said Meng.

The area has received some provincial and national recognition as of late. It was named a Top 10 Canadian Beach by Reader's Digest, and Manitou Springs Hotel and Mineral Spa was named a finalist for Canadian Tourism Business of the Year. The Manitou & District Regional Park Campground is also one of the most popular in Saskatchewan.

With each of its four main economy pillars expected to continue to be successful, Watrous-Manitou is impacting its population and economy only to grow. And this expectation doesn't seem to be off-mark.

For more information about Watrous and Manitou Beach, make sure to visit www.watrousmanitou.com.

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Watrous / Manitou Beach

Spend some time at Manitou and District Regional Summer Park this summer

Manitou Beach and Watrous have long been popular destinations for thousands of visitors each summer. With the beauty of the saltwater lake and the natural beauty of the area, with numerous tourist attractions for all ages, it continues to attract a loyal following of vacationers.

One of the places where many vacationers like to plan their tents or park their RVs is the Manitou and District Regional Park. The park contains 232 campsites, which vary from full-service, 10amp, winter and power sites. To camp with no power, there are also seasonal sites.

The park officially opened on May 1, and will continue to remain open until Thanksgiving weekend in October. According to park staff, over the course of the season, they will host travellers from all over Canada, the United States and even Europe.

Visitors say that it is one of the most

campgrounds in the country, and that the staff goes out of its way to make everyone feel welcome.

The main attraction for visitors to the area is the unique saltwater lake of Manitou Beach, which is filled with amenities that are said to have natural healing properties. There is also a beach, mini golf, grass-golf courses, a road that runs through the campground, and a laundry system of washing trails.

The campground is only six kilometers north of Watrous, and several other popular tourist areas are located nearby, including the Manitou Springs Resort and Mineral Spa, which contains a saltwater pool and a host of spa treatments.

Many people visit the area to go to Manitou and a 1928 dance hall complete with a garrison of horses tail under the floor. Manitou provides a popular service for campers, a shuttle from the campground to

the hall and back again.

A bird sanctuary at Long Lake is also in the near vicinity.

The campground is a popular spot for family reunions, as it is central location. Families from all across Canada find it convenient to meet at the park, and two or three roundhouse-like places there each weekend.

Two camp lodges are available for groups to reserve. The camp lodges are free to reserve for those who are camping in the park, or \$100 for those who are not. Reservations are recommended well in advance to avoid disappointment, and are in need of your tent. Visit the park's website at www.manitouregion.com for a map, rates and booking information.

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Aug 11	• LAN Guitars	Sept 5	• The Kancers - oldtime
Aug 12-13	• The Guitars	Sept 12-13	• Private Wedding
Aug 14-15	• Prairie Shredding	Sept 14-15-16	• Paul Pakkenbergh - Righteously Strange • Phoenix, Pow
Aug 16-17	• Blue John & the Jolene Boys • 7-11 Nostalgia - Jason Cansel	Sept 17	• A & Gordan Memorial Bands, band in an unannounced
Aug 18-19	• Paul & the Shredders - oldtime	Oct 4	• Prairie Party
Aug 20	• Prairie Shredding - Old Time Country & Western	Oct 11	• Private Wedding
Aug 21-22	• Blues Train - middle of the road music • Old Timers - variety - old time country, western, rock, pop, etc.	Oct 18	• The Beackets
Aug 23-24	• Private Wedding	Oct 25	• Memory Lane - represented by Winnipeg Arts Council
Aug 25-26	• The Guitars from Alberta	Nov 1-2	• WALTER OGI WIEC, Canada a Polka King Team 21, Centerville, OH
Aug 27-28	• Lazy Lovers - 10 pt.	Nov 15	• The Beackets
Aug 29-30	• Prairie Party	Nov 22-23	• To be announced
Aug 30-31	• The Guitars from Alberta	Dec 31	• NEW YEARS EVE - GIGA GALA
	• Rockin' Red Shredder - 10 pt - many choices See website for special guest		

Those on the dates we have listed to date. Performers info - 1-800-987-9887

(Buffets are before every dance - 8:00-7:00)

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Watrous/Mantou Beach



Arts and culture alive and well in Watrous

By Mike Shipley For L-P Specialty Products

Arts and culture are the heart and soul of a community, then the communities of Watrous and Mantou Beach have some of the biggest hearts in the area. In the early 1970's, WHAC (Watrous and Mantou Arts Council) has brought live musical and theatrical entertainment, as well as visual art, in a variety of formats, to Watrous and area, which includes a 50 km radius.

As an organization, their mission is simple: "WHAC is dedicated to providing opportunities for everyone to participate in a variety of art experiences." This includes hosting professional live performances throughout the year, creating a space for art exhibits and workshops in a variety of artistic media. The Gallery on 3rd for people of all ages to enjoy and participate in. But think for a moment, what is an organization run by a few people here and there, capable of? Spenders from the Town of Watrous and the Resort Village of Mantou Beach have donated money and dozens of volunteers to ensure that the arts continue to grow and prosper.

"I love the arts, but especially the performing arts. I love the fact that I don't have to drive to the city to see a quality performance," said Lynette Will, who has been president of WHAC for the last seven years. "We get to experience a variety of new musical genres right here in my home town at a very reasonable price. It's fun to try something new because music is so much more exciting experienced this way."

People can save money by purchasing an annual "Pass for Success" which comes with a set of five interchangeable tickets for just \$25. Store tickets are only available until the first performances in October, and after that adult door tickets can be purchased for

\$25, which is still a great price. Details can be found online at www.watrous.com/Offices/OPDF/WatrousArtCouncil.pdf

On July 24 at 7:30 p.m., Brad Johnson A. The Johnson Boys will perform at the Watrous (Mantou Beach). For the past 20 years, Brad Johnson and his brother Kevin have been touring across in Saskatchewan's country music scene as the Johnson Brothers. For the last three years, Brad has freshened up his act by bringing three of his live sons and some of their friends along for the ride.

"We stood on the stage of the Grand Ole Opry [and] Grand Ole Opry [is] kind of the same thing," said Brad. "It's got as much history, and it's a great sounding venue. You can't help but think back to how much music, fun and dancing has been going on over how many years. It's just like the Beaconsfield history, if you just let them continue to keep it open, keep doing shows and concerts."

Brad Johnson A. The Johnson Boys is the perfect band for a diverse crowd. Brad will perform hits like "My Brother And Me," a few songs from his solo career and fun little ditties that get the crowd moving. Then he can will follow with songs from Bruce Springsteen, John Mayer and even Michael Jackson.

"We do about 80 to 70 shows a year. It's going to some classic country that the older crowd's going to hear, a few of my hits, and then we mix it up with some music for the younger crowd. We switch it up all the time and have a great time with it," said Brad.

Advanced tickets for Brad Johnson A. The Johnson Boys are \$20 for adults, \$15 for age 12 to 18, \$10 for children and \$5 for kids under six. Tickets are available at Watson Pharmacy, Watson Attorney Credit Union and Decopoint. Box tickets are \$25 for adults, and the Decopoint bullet is available for an extra cost.

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Watrous / Manitou Beach

Ready, set, go to the 23rd annual Watrous-Manitou Fun Run Auto Show and Shine

If you're looking for a holiday with a difference, consider spending some time in Winkler, a quiet town just an hour and a half's drive from Regensburg. In addition to enjoying the healing waters of Manitoba Beach, you can take in a host of activities that are planned throughout the summer.

One of the featured attractions in Webster this summer is the 33rd annual Fun Run Auto Show and Shine, planned for July 26. Main Street Webster is the site of the popular car show, which features antique and specialty vehicles, antique trailers, muscle cars, hot rods, trucks, and sedans.

Intel interest in the Fun Run Auto Show and Shine began in the late 1980s, when the idea for the show was presented as an option for bringing more tourists to the community. The Waukesha and District Chamber of Commerce approached the Sealedown Coasters Auto Club to determine if this club would be interested in organizing and holding the car show. The club agreed, and the two organizations came together to debut the first Waukesha Fun Run Show and Shine in 1990.

This joint proposition worked well until 1988, when the Shakleton Cowichan Car Club decided that would be its last year hosting a show in Weir Park. The club hosted its own show in 1997, and the Walrus and District Chamber of Commerce took over running the local event.

Since then, the Fun Run Auto Show and Shine, supported by local businesses, organizations and other supporting sponsors, has become a favorite annual local and tourist attraction. The auto show is the longest running annual event in the town of Webster.

Car show participants are
register for the Fun Run Auto
Show and Show up to and

including the day of the event. The first 100 entries received by July 20 will be entered in the pre-registration draws, which include a first prize of \$300 cash (draw made July 30); second must be in attendance at the Aransas Bengal; and a hospitality VIP press package valued at \$200 (two nights accommodation, two meal passes and breakfast at Menlo Springs Ranch, and gift certificates from Tenzin's Popp, Menlo Golf Course, Menlo Mrs. Gohland and Jules' Drivin'). The draw date for the second package is Aug. 13.

Registration fee is \$15 per vehicle (includes Show and Shine, dash plaque, souvenir, entry for awards and prizes). Past participants can pre-register for only \$10. A cash award has been established for the best car club participation. Last year's winners were the SaskaTohewin

Music Club and the Piano Albert Krasse Krasse

This day begins with a pancake breakfast at 8:30 a.m. at the Boners Drop Inn, Cotters on Main Street. Show and Shine registration begins at 9 a.m. with the concessions beginning at 11 a.m. The free family entertainment begins at 3 p.m. with Beepers the Clown. At 3:30 p.m., there will be a cruise down to Merrifield Beach and back. For the car show participants, an awards banquet will be held at 5 p.m. at the Coco Cotters.

Throughout the day, the Wehrweh Arts Council will be hosting "Art in the Park," a gathering of local artists.

Other great situations throughout the day include Rising Against Drugs program visitors. Developed by *Friendsland Motorsports*, this program visits schools around the country to encourage to "ditch

A message about the importance of sunning drug use. They teach how to say "no," and the importance of looking at the family unit as a team. Kevin Thomas and his team from Sunshine Motorports will be in attendance with PrimeGold, the world's first and fastest bio diesel jet car. Make sure to get up close and personal; you might even hear it fired up. Don't leave you car keys!

Admission for spectators is free, and there will be lots of free family activities, including Bumper the Clown, mosaics, face-painting, kids' draws, helium balloons and family entertainment Tim Heffley, also known as "Professor Funny Stuff".

For more information, please contact Jason Lindgren at Webtrous Marketing at 308-848-0038, or visit the show's website at www.webtrousfunrun.com.

Big city flavour, small town hospitality

Don't be deceived at first glance or first taste. John's Plates Fairly Dining, 212 First Avenue, Mead - is a contemporary rural restaurant that cooks up big city flavours. In business since 2006, John and Marla Kousopoulos have been providing soul-satisfying meals from a menu packed with everyone's favourite food.

This is no ordinary small town, flash-in-the-pan: deep-fried tar. For John, it is all about quality and adding a personal touch to every order. That's why the burgers are homemade—the steaks are always fresh—never frozen—and the gourmet pizzas are prepared to your specifications.

"People have noticed that the meals we offer are different," said John Koenigsmann, owner of John's Plate. "They notice the efforts that we put into our menu. For example, we have different chicken options because we know people are eating healthier. We know the town is enjoying the food because we always hear good things about what we're doing, and they tell other people, too."

The most popular lunch item here is the steak sandwich. Most of John's steaks are Canadian and aged over 30 days to ensure tenderness. As well as our daily kitchenette menu, we offer a lunchtime feature menu which changes with the seasons. For supper again, the steak is a favourite. However, the pasta dishes are popular too, not to the satisfaction that is evident in the popularity of the seafood dishes. If the day goes swimmingly, try one of our Gourmet Burgers. Lots of meat, good herbs and the desire to satisfy your appetite. Even lots of beans if the desire though. John says the beans are in very big and very tasty.

An advertisement for John's Plate Family Dining. The top half features a large image of the restaurant's interior with tables and chairs. Below the image is the restaurant's name in a large, stylized font. A red starburst graphic on the right contains promotional text. The bottom half features a large, bold, yellow text "Specializing in..." followed by a list of food items.

Watson's Manitou Beach

Manitou Springs Resort and Mineral Spa receives national attention

By Miranda Gurski
L-P Specialty Products

The Manitou Springs Resort and Mineral Spa has been a part of Manitou Beach for more than 25 years. And as the only resort in the country to draw its waters from a lake that has been compared to the Dead Sea (literally), it is truly one of a kind in Canada.

"We are sometimes referred to as 'The Dead Sea of Canada' simply because we have such a high concentration of minerals and salts in our pool that there's really nobody else like us in North America," said Dwight Heyler, CFO of the Manitou Springs Resort and Mineral Spa. The resort pumps its waters in from Little Manitou Lake, a process that includes filtering and chlorinating the water. The water is naturally high in minerals and salts, and many of these salts and minerals are also in the locally made products that are used as part of the resort's spa services.

The uniqueness of the resort has not gone unnoticed. For the past four years, Manitou Springs Resort and Mineral Spa has been a finalist for the Youson Best Canadian Business of the Year Award. And in 2013, it was a top four finalist in the "business of the year" category in the Canadian Tourism Awards.

Receiving such recognition is gratifying for Heyler and his team, as it signifies the confidence they have in the work they've put into the resort. "Manitou has all the money and time, but we've been investing in the resort in the last four and a half years since I became the CEO in starting to pay off," said Heyler. "We're seeing increased occupancy in the hotel and a much higher rate of customer satisfaction. And when the tourism bodies... recognize your efforts like they have ours, it certainly is appreciated and humbling at the same time."

Heyler explained that, while the resort's staff have always worked to make this resort a welcoming place for visitors, it was in 2010 that the biggest catalyst for change occurred. That year, the provincial health department shut the resort down due to a calcium carbonate buildup in some of the pool's pipes. Heyler and his team worked



Photo courtesy of Manitou Springs Resort and Mineral Spa

hard to fix the problem, and the resort reopened after just over five months.

The resort has seen many changes since that time. "When I came to the resort, everything had been done, been painted and carpeted, to Bob Fitter coming in and updating their bathline products in our hotel rooms," said Heyler.

The most recent change was June's unveiling of an outdoor pool, which is open to the public. The outdoor pool has bar and food service and overlooks the lake, making it a beautiful setting for events such as conventions and weddings. But one of the biggest changes occurred in October 2013 when the resort took over management of its own dining room, which had previously been leased out to a third party.

"Unfortunately, the owners and the food [in the dining room] just weren't where we needed it to be, so we made the decision to take it over ourselves," said Heyler. "We're really proud to say that she [the new executive chef] has had a fantastic five-star experience throughout the world... We're very happy to have her, and the food and the service have really increased tremendously since we've taken it over."

Throughout all of these changes, Heyler said, the Manitou Springs Resort and Mineral Spa staff has maintained — and even heightened — the quality of their customer service. "We've really improved on our customer service and the way we treat all our customers and the areas that we provide to them. And, of course, none of that is possible without having great staff here."

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PLAYLIST

Summer jams for a day in the sun



A day at the beach can't complete without an energetic, sunny soundtrack. ■ MELISSA PILL PHOTO BY MIRIAM SCHLOSSER

By Ashley Martin

The sun is on the rise, the sand between your toes, the water lapping the shore. It's easy to think summer is here.

The promise of a sunny summer day in Saskatchewan is enhanced by music that pumps you up and puts a smile on your face.

Maybe that's just prevention, given the weather we've been having, but here's a sunny soundtrack as determined by some of the province's biggest music fans. (If it keeps raining you can use this playlist to噪 your mood regardless.)

■ Kander Hotel — Regina Folk Fest

Artist in residence
Tracks intact Attack Festival

Artist bio/website

"There is such a rocking song in here, everything is a mix of solidified history, reggae, acoustic, great beats and it doesn't take itself too seriously either. It reminds me of driving through the southern United States roads on the way to Disneyworld with my son Sam — it's like a road trip back from Elbow after we hit the crazy shop and a quick dip at Tofino Bay on the way back — windows open, music blaring, both of us singing our heads off." — Rep.

■ Wal Walie

Tracklist companion

Artist bio/Mitch Mason

"It was on my 'Summer of 2000' mix tape, which I made and I usually takes a car and drives my friends and I around out of Tobin Lake West. So I decided to name it after the mixer. It makes me think of all the happy memories of being 18 and having a few days of freedom at my grandparent's cottage away from our parents and getting into lots of trouble. To this day I still listen what this song is about, but the words always bring me patches of peace like, summer moonlight and travelling freedom."

■ Jason Goodwin — Saskatchewan band of the week

Tracklist companion

Artist bio/The Normans

"When the clouds break and sunlight takes it's warm and appearance, the lyrics that always come into my head are, 'The sun is up and I want some'." — He's also an energetic, fast-paced song with a blaring guitar riff and fast-paced drums that perfectly portray the energy and happiness that comes along with a beautiful day of sun shine.

Continued on Page 26

MUSIC

■ Camille Portzline — Regina Symphony Orchestra student

Tracks: Sunday Morning
Artist: Lfo

The joy on this song is incomparable with its hopeful lyrics, clapping and happy little bass. And let's not forget the stream, of course. Nobody can resist it when it's playing! This tune reminds me of three fun occasions: a dog and his amazing band playing in a halloway club (The District in Regina — may it rest in peace!), playing beach volleyball at a young adults camp at Lost Mountain Lake, and hearing it on play it again at the Regina Folk Festival. Everybody now: "Let's go!"

■ Gessily — 299 weekday radio host

Tracks: Summer Girls
Artist: Lfo

The most infectious lyrics but SO fun to sing along to. Clap but a good

Hasslemeister meisters! Fancy — Izzy Ansley & Cherri Kiki, Rather Be — Clean Bandit ft. Jessie Jlyne

■ Colton Cleveland — The Dead South

Tracks: Rock Lobster

Artist: The 9-Sins

I'm a big fan of the wonderfully bizarre 9-Sins... The energy rock vibes and the weird, over the top songs make this song a favorite of mine regardless of the season.

■ Amanda Boundiet — Library Voices

Tracks: Hallelujah

Artist: M.I. Mosaic

It's the energy behind the song — the synth line has the vacu and quirky instrumentation. The lyrics aren't your typical summer banger about summer and funtimes, but the song is delivered with a tangible intensity and movement that push me to book in the heat.

■ Dustin Miller — The Dustin Miller Band

Tracks: In the Summertime

Artist: Menno Jerry

(This) is my pick for the best "getting it quenched in the heat" song of all time.

Hallelujah

Dominic Bryan Adrews — Turn Petty

One pretty sure it's a traffic violation to listen to it without having your windows cracked down and the radio turned up. Yeah Aight — DR Jahn

It is pretty easy to imagine all sorts of summer party shenanigans going on while that song is playing.

■ Avery Neilson

Tracks: Long Hot Summer



Getting ready for duty at the beach! (Don't forget the visual images and photo by Troy Lunde)

■ ArtBella: Keith Urban

Every time I hear it, I want to get my car, sell down the windows and drive to the beach. I can. And I am so excited that he will be back to Canada this summer!

■ Melinda Hardwick — Belle Plaine

Artist: Melinda Hardwick

Artist: Melinda Hardwick

Lower sound and off. Sometimes it reminds me of my Ma's heating. ArtBella's greatest hits in our truck on the summer, and imaging with my lady pals. And how can you not dance to that song!

■ Curtis "Unkle" Adams

Tracks: Not A Bad Thing

Artist: Adams Tambourine

It just makes you want to roll the windows down and dance in your car! It's hard to get

one particular song, but I am definitely loving that one lately.

■ Anthene Bodell — Bitter Twins and the Balm

Tracks: Selling Shoes

Artist: Anthene Bodell

Coming up to this... basically played again in my car all summer. The energetic got stuck in the player and would have required major surgery to remove it, but I love the resulting by one of my favorite bands.

■ Jeff "Redbeard" Gorbett — GJTR radio host in Regina

Tracks: Sunnys Days

Artist: Lighthouse

I am not a sunnery person. However, Sunnys Days from Lighthouse always cheers me up.

especially when it's 30 below. Skip Prokop, leader of Lighthouse, wrote this after a near death experience so it reminds me to find a little sunshine in every day.

■ Ivan Anderson — Kavaller & Gley

Tracks: Against

Artist: Kavaller & Gley

For me, a good summer song is ALL about summer. Every time I play this song, I think of a summer night, really early on the mornin' maybe. It's a "countrin' down" song... may be you partied a lot too hard last year've got that good feeling running through your skin, like a tingling... and the cool air of the sun'n night just gives you a natural high. That's what this track does as hard as artmilk@rogers.com www.artmilk.com

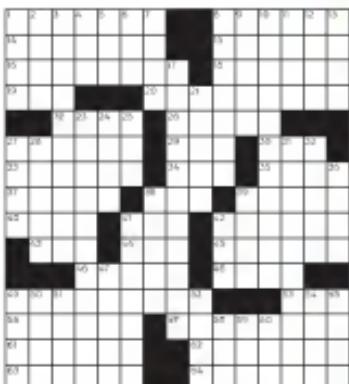
CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

1 British brew with a red ale taste
 4 Once down, a fact
 5 Bookend
 13 Presidential arena
 15 Meg, her husband's mother (11 letters)
 16 "Eyes" (concert)
 19 "You should know better!"
 20 Scale, boating
 22 Up to the task
 23 Trends in the final analysis
 24 Person who sang "It Is My Party" (1942)
 25 Reasons for a meal, walking
 26 Alexander's timeline, oil
 28 "Smell'd" (past)
 34 Singers Green and Windsor
 35 "I'm not
 37 Create a contradiction
 38 Some adverbial steps
 39 Programs song censor
 40 Like cheeses, items
 41 ... poss'd
 42 Group's cheerleader — with Your Head —
 43 The buildings, such as
 44 Yolka, yodel, yodela
 45 ... myself
 46 Profitable investments
 48 Actor learned
 49 Quilt cutting
 53 Balcony, e.g.
 57 Berlin's last stand
 58 Play an ugly role
 59 ... them
 61 The coldpox
 62 Frog-like Garter
 63 ... style
 65 Armchair defense
 66 "I care, why not?"

DOWN

It's been a trophy

Puzzles by Tim Croce

2 Coronation
 3 Really ill
 4 Stash on the back of
 5 Able
 6 3-Den.
 7 (With) effort
 8 ... recess
 9 (With) canals
 10 (In)congruous
 11 Header of a cabinet position
 12 ... poster
 13 Moran is ... Scuse at
 14 Asperger's
 17 Like a chrome-domed

21 Half of all days
 25 Unlikely to see the "E" in the broken heart, say
 26 Post-German style
 27 Father's axis
 29 Marches briskly briefly
 30 Voter or host
 31 Vacuous, say
 32 House's first, say, especially P.C.
 33 January 1 song title word
 34 Decorators' theme
 35 Knig's name in Norway
 41 The 1960s and 90s, etc.

JANRIO CLASSIC SUDOKU

Level: Bronze

Fill in the blank cells, using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block (3x3 logic and process of elimination to solve the puzzle).

The difficulty level ranges from Bronze (easiest) to Silver to Gold (hardest).

8		5	7		1
1	4		8		9
	2	1		7	3
7			8	9	2
6		1			4
5	9	7			8
6	1		5	8	
7		6		4	5
2		4	9		3

Solutions to the crossword and the Sudoku are on the back page over the fold.

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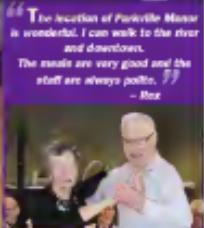
"You have a lot of freedom there in a nice secure building. If you cannot do on your own, there is someone there to help you to do. The meals here are very good as well." — Marjorie







"The location of Parkville Manor is wonderful. I can walk to the river and downtown. The meals are very good and the staff are always polite." — Max



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ON THE SCENE

#SKSC SYPE SILVER SPADES ENTREPRENEURSHIP AWARDS GALA

On June 26 the SKSC SYPE Silver Spades gala honoured the best in Saskatchewan's business community at a ceremony at the Saskatoon Cavalier.

Held for the Saskatchewan Young Professionals and Entrepreneurs (SYPE) winners of the Saskatchewan Business Challenge (SABC) and the Young Professional of the Year were announced along with a number of other award winners.

SABC seeks to increase the number of prosperous businesses in Saskatchewan by helping build the next generation of business leaders. The six-month program is designed to teach aspiring entrepreneurs through business bootcamps, mentorships, coaching, networking opportunities, along with business model design and pitchfest workshops.

SYPE is a group of young people working together to promote business and opportunity in Saskatchewan to retain youth, a most valuable resource, through a variety of networking and learning events.

BRIDGES PHOTOS BY MICHELLE BERG



ON THE SCENE

1. Sean
Ranney
Media Drive
and Lennon
Barclay

2. Jason
Deeks and
Newton
Coorsman

3. Alberta
Nam and Axel
Rohmann

4. Julie Hirn

5. Xinying
Zhen Mengze
Feng Kenny
Zhou

6. Rob Norm



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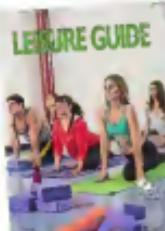
\$1.99

100 ft. x 12 ft.

100 ft. x 12 ft.

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www.saskatoon.ca/go/leisureguide

GARDENING

GARDENING IN SASKATCHEWAN

Common perennials' diversity might surprise you

By Lyndon Penner

Gardeners evolve over time. If you think about your gardening journey I bet the plants you are growing now aren't the ones with which you started.

Many of us begin with a pretty basic selection of perennials: like irises, peonies and tiger lilies. The basics grow easily and are rewarding encouraging us to keep growing. As we garden over the years, eventually we reach a point where we don't have space for that clump of irises anymore, or we tire of the unapologetically orange flowers of the tiger lily.

Like any relationship, the horticultural one is not an "on occasion" affair; rather we don't right for each other anymore and move on. We are other perennials. We part amicably, going our separate ways.

This is a natural part of the gardening experience, we stop growing every thing that comes our way and perhaps we focus on one particular thing. Some of us become woodland gardeners, others focus on growing plants for scents, and still others become rock collectors who have to acquire every kind of Haworthia (Aloe) or sempervivum they can get their hands on.

The problem with that natural progression is that we may never fully appreciate these plants. Potentilla is a good example of this.

"Oh goodness, no. I don't care for potentilla!" a client will say as she dismissively waves her hand.

This often comes from the mouth of a person who only knows one golden cushion and has only ever seen them used in fast food restaurants and car dealerships.

"But you know they come in white, apricot, pink, white orange and some very nice pale yellows!" I look

"But you know some grow as perennials, and not all of them are shrubs?" There is even a species that is evergreen.

Often they are completely unaware, casting out an diverse and actually exciting genus because they thought they knew them.

There are a lot of groups of perennials that need to be revisited. Think you need an acre of space for perennials? There are now some very nice dwarf forms available for container growing options? There is at least one species that has done moderately well for me in zone 3. What about phlox? There are myriad numbers of them, and they are a surprisingly diverse and versatile genus.

Don't be too quick to disregard any of them — one needs only to search outside the normatines.

Commonness and uninteresting are common enough perennials that can be found in the gardens of both new and experienced gardeners. They are easily known and grown, but it would be nice to think you knew them when in fact it might be time to review them once more.

What about *Thlaspi*? This is the genus that includes all the cresscations and pink loosestrife annuals. Some are biennials, while some are great for the rock garden or the border. Some are fragrant while others are not; some are short and some are tall. It is an unpossible group of plants with which to ever be fully acquainted. It's been we with fellow judgmental and oblivious, dear gardening friends, and give a lot of our perennials a second look.

Lyndon Penner, author of *The Prairie Short Season Seed List*, will be teaching a course about perennials you disrupt you learn during the U of S Short Week July 2-11. Get registered with some old favorites and hear about some new ones. <http://extension.uregina.ca/shortweek/> 306-386-5516 or lyndon.penner@uregina.ca for more information or inquiries and registration.

Have a gardening question? Contact Lyndon Penner, 306-966-5805 or lyndon.penner@uregina.ca. This column is provided courtesy of the Saskatchewan Perennial Society (www.saskperennial.ca). Information has been checked out our bulletin board or calendar for upcoming horticultural events (saskhort.ca) at the University of Regina, perennials tour (July 13).



PHOTO COURTESY LYNDON PENNER



Yellow columbine (*Aquilegia flavescens*)
PHOTO COURTESY LYNDON PENNER



Love-in-a-mist (*Consolida regalis*)
PHOTO COURTESY LYNDON PENNER

READ MY BOOK

LOCAL AUTHORS: Writers tell us what makes their book worth reading

■ TRACY FRIESSEN

Make Ride the Waves your emotional guide

Read the Waves did not come out of nowhere. For me, it came out of necessity.

Before I started writing I was in the middle of going through the hardest time in my whole life. My husband and I were separating and I was scared to where my life was heading.

You see, I am always the one to lend a listening ear as I am through my extensive care management and alternative medicine training able to help you see

the light or the good in any situation. People always tell me how good they feel about themselves and their life after sharing with me.

Going through my own adversity, I, myself, did not have anyone to talk to or to share with about what was happening in my own life and I felt isolated from the world.

It was in this陀nervous feeling that I just started talking to the page. I would write a thought and give someone to the page in a way that I could share ideas with those that shared with me so that a few days later I could read what I wrote subjectively. It helped me to finally see the light or the road that was going to my own life. It truly was my own personal life coach.

Do you ever ponder things in your life or get frustrated? Looking from a different place can often provide you with a new outlook to something that is happening in your own life.

Ride the Waves gives you new ways to look at situations people in your life and circumstances you are faced with so you can move forward in your life with confidence and clarity.

Ride the Waves How to Take Control of Your Life One Thought at a Time is a collection of 365 inspirational motivational messages meant to be read one day based on the calendar year. Although, I have been told that some people just open my book to a random page in what treasures they may find for them

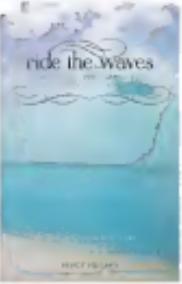
when at that particular moment as there are no rules to reading it.

Life is too短 and dark some days, that taking five minutes to read Ride the Waves daily may of something in each eye speaker in life's beautiful inspirations with some pearls of wisdom and guidance thrown in.

Furthermore, because of how the book is written it makes a great gift for any occasion.

In Saskatoon you can find Ride the Waves at McNally Robinson, Crystal Cove at the 10th Street Market and Flowers by Fred, Parthenon Native at Anasazi, Chapters, Barnes and Noble, Chapters and The Book Depository.

For more information about my book and what I do, go to www.TracyFriesen.com



Tracy Friesen

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OUTSIDE THE LINES

Colouring contest

Each week, Stephane McKay creates a friendly illustration meant to please kids of all ages.

Children can colour the page, take a picture taken with the finished product, and email it to bindash@phoenix.com. One winner will be chosen each week. Please send entries by Monday at 9 a.m.



Last week's contest winner is Faris Qureshi. Thanks to everyone who submitted entries!

ASK ELLIE

Be prepared to deal with a future husband's child

Q. I am living with a divorced man with a daughter, aged 18. I don't have a relationship with her yet. I think I should wait until she is "adult."

We live in different cities but I'm working with a sole recorder so I can move to him but not be dependent.

We've spoken frequently about getting married and agreed to be in the same city first.

He's been very successful and would love me to grow my career. I'm not married yet nor career past ready to "settle" yet. He reluctantly understands.

Meanwhile, I can't stop thinking about the fact that I let him ex-s wife a substantial amount in support (in addition to child support, which I have no problem with).

He doesn't work apparently hasn't tried to look for work. She had a good career before she had the child, so she can be employed again if she wanted to.

He and I want to have children as soon as we get married. I'd probably have to keep working to maintain

Ask Ellie



The current lifestyle

Supporting two families will be taxing on him. But I don't want him to have to work all the time.

I want him to spend the time with his new family. I know I'm ranting, but it doesn't seem fair: I want to marry him, enjoy our financial situation, and not have to share it with his ex who chooses not to work.

Is this something that we should deal with before we get too serious? Before I move?"

Ruled Up

A. There's a lot to deal with instead of raising Start talking with your lover about what he really wants — a home-based wife or a career

interested partner. Weigh what you can handle, including close involvement with a stepdaughter whose mother you'd also have to interact with.

Also talk about both your thoughts on having his daughter (unless you've decided to try regularly as your life, and co-operating with her mom on those plans).

Learn, too, what ex when seen on TV or in their jurisdiction, and details of the legal settlement to whom your guy agreed.

You'd be wise to consider if you were to consider this in here. She may go up 10 years of a career to raise her child. Likely a second income between them, actually.

Meanwhile, she's lost those ten years of earning power to fill the same wife role he's now asking of you — to stop working, have kids, and be at his side when possible.

Q. Why do women not want to date short guys?

Bridget Reardon

A. Some women don't, but many others don't worry so much about height differences. And with today's epidemic health, even average-height guys have to look up to these ladies.

If you're one of those short guys, walk tall with confidence. You can't change the measurement, but you can use high stakes for projecting an upbeat, self-assured personality.

Take a page from the book of sex研. Hollywood stars whose lower height didn't damage their career or attractiveness to women: Charlize Theron, Kristen Bell, as is Tom Cruise. Elizabeth Wood and Jack Black are both. Leslie Bibb and Bradley Cooper, a host — and more.

Now ask yourself: why do some men think only model thin women are hot dates? Because they need that sense of arms ready to think of themselves as cool dudes.

By contrast, you should seek out women who are self-assured, look them in the eye, and show them who you are.

Q. My boyfriend and I are off one year apart. He's off with his mom, his mom's passing, my older sister now thinks she's the family matriarch. She's really frustrated when anyone speaks her on family matters, going silent for weeks or months.

She doesn't let the sibling's reason satisfy to call her, or creates us of keeping her out of the loop.

When I tell her my doctor had ordered a cancer delivery of my baby (second cancer) for medical reasons, she scoffed and called me lazy.

Everyone breathes off her rude opinions and commentary, covers, and forgives her to "see her pot." What do I do?

Told Up

A. Try to care less, the your life focused on your own immediate family will when you feel it is, and say, "I'm not accepting this" when she's rude. It's a personality difference and she's unlikely to change. But you can change your own taste.

Summer Art Camps

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Full Day Camps

July 14-18

July 21-August 1

August 13-15

For ages 5-12 years

8 a.m. to 4 p.m.

\$200 per child

Maudesey Gallery Open Studio — For a low cost fee (\$25-\$2) — All materials provided

Half Day Camps

July 14-18

5-9:30 a.m. to noon, to noon

2 to 5 hours, 1 to 4 hrs.

July 21-August 1

5-9:30 a.m. to 12 p.m.

1 to 3 hours, 1 to 4 hrs.

\$100 per child

5-9:30 a.m.

7:30-8:30 a.m.

9 a.m.-12 p.m.

*Parent orientation required

\$75 per child

Nuts About Nature
At Beaver Creek Conservation Area

Hi kids! My name's Chip, and I live at Beaver Creek Conservation Area. Visit my backyard with your family and friends and enjoy some time away from the city.



Dear Chip,
Why do animals have both a common name and a scientific name?

Debbie McLean



Debbie McLean

Dear Debbie,

The scientific name for myself and my other beaver friends is "Castor canadensis." That's quite a mouthful isn't it? Scientific names are very useful for naming plants and animals. Each plant and animal in the world only has one scientific name, but may have many common names. For example, the plant we're talking about is called a maple. It's called a maple in some parts of the world, while in North America it is known as a maple. By using its scientific name, people are always sure they are talking about the same plant. Sometimes scientific names can give you clues about what the plant or animal is like. For example, "Castor" refers to a beaver's castor gland. Castor glands are found near the base of a beaver's tail. Beavers use the oily substance which is secreted from these glands mark out their territory. "Canadensis" refers to the fact that beavers can be found throughout Canada. My name tells you that I am a true Canadian. In fact, did you know that beavers are the national emblem of Canada?

Send your questions to me at the address below, then watch Bridges for the answers.



Meewasin



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EVENTS

Art Galleries

Until July 13 at Venier Mall. Landscapes by Daniel Marmer. Photographs by Alex Seinenoff. Scott Priske, David Baskett and Jim Samanoff. Paintings by Leslie Karpas.

Anger Centre Gallery

Until July 16 in Minto Creek. A show and display of works by Lisa Sasaki (newcomer artist) and Angie Eschner.

St. Thomas Mass Gallery

Until July 20 at 1037 College. Dr. Sharon Cessar-Ruhn and refinements. Photographs by Sharon Cessar.

Wild in the City

Until July 22 at Unreal City. Curators: A. Tye, 139 Second Ave. N. Urban Wildlife: Hybrids & Mythological Beasts. A group art exhibition by 30 Saskatchewan artists.

HardyMedia House Show-case

Until July 26 at 310 Broadway Ave. Heart to Hand. Featuring new works by Saskatoon flora artist Monica Kinnear-Whalen.

Prairie Star Gallery

Until July 27 at 1036 Eighth St. E. Unexpected guests, works by gallery artists and guests.

The Stoll Gallery

Until Aug. 1 at City Works, 1017 Seventh Ave. - New works by Harry van Santen. Now through July 18: Artworks are on display at 1036 Eighth, 15th and 20th. Collective Coffee, 220 39th St. W. An artist reception and show, with works by Cindy Prelle, Iris Hauck and Jessie Miller. Runs until Aug. 30 at Area 1, 56 Second Ave. N. Reception July 18, 7 p.m. to 10 p.m., with music by Alissa Armstrong.

Saskatoon Arts Centre, Westman

Until Aug. 30 at 701 Railway



Brick Evening Glow by Greg Haggstrom is on display at the Station Arts Centre in Westman.

Area, Northern, Northern Landscapes by Mesa White Paint, Cam Forrester, Greg Haggstrom, Paul Innes, Roger Trottier, Ken Van Reeuw. Opening reception July 5 after the opening night of the summer theatre production of His/Her Yard.

Morenas in Valley Centre Gallery
Through August 22 at 4007 Third Ave. N. Take a Walk With Me, vases of Saskatoons by Parrotte, L. Clarke, Orthol.

Yukonians inspiring daily walks and travels along the Mountain Valley and Beyond.

FAMILY

Stars and Strikers Wednesdays, 1 p.m., at Centre Cinemas in The Centre. Choice of five movies each week. A baby-friendly environment with low-level volume, dimmed lighting, a changing table and stroller parking in select theatres.

Sing, Play and Explore Workshop

First Wednesday of each month through December, 10:30 a.m. to 11:30 a.m., at the Pregnancy and Parenting Health Centre, 248 Third Ave. St. Patients and their babies/toddlers explore the world, develop skills, and engage in developmental learning experiences. Monthly registration is required. Email jen@parentingandsigns.com; visit myparentandsigns.com.

LLC Saskatoon Toddler Meeting

First Wednesday of each month at Augustine Church, 1201 Broadway Ave. All interested women are welcome. Call 306-955-4803 or email llcsaskatoon@gmail.com.

Free YAS Mini Kids Camps

July 3-4 at Lincoln Centre, 2200 Louise Ave., and Aug. 6-7 at Casino Regina Centre, 3030 Lasalle Dr. For ages 4 to 10. Hosted by Young Athletes Saskatchewan and Half-Half Camps. All-games, equal-play, skills-development. Register at yes.ca.

Saskatoon Zoo Summer Camps

Mondays to Fridays, July 2 to Aug. 22 at the Saskatoon Zoo. For kids ages seven to 16. Spend a week at the zoo and learn to know the animals. Hands-on experiences, crafts, and games. Bag lunch and snacks are required. Monday to Thursday, with a campfire each Friday. Visit saskzoo.ca/summercampinfo.aspx.

Kinsmen Sports Camps

Monday to Friday, July 2 to Aug. 23 at the U of S. For ages 12-16: swimming, basketball, contact football, volleyball and various soccer games. To register call 306-965-3091 or visit kingsmen.saskat.ca/community-programs.

Carson Hockey Camps

Various camps Mondays to Fridays, July 2 to Aug. 22. For kids ages seven to 12. Players must be full hockey equipment. Visit kingsports.com/jeremyhockey-camps.aspx; call 306-955-3006.

Pan Factory Indoor Play-ground

Daily at 10330 102nd Street. A giant indoor playground for young children. Adults and children under one year are free. There is a separate fee just for children under two.

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EVENTS

Children's Play Centre

Days of Lemon Heights Hall & fun, safe, environment for preschool children to play. Please note this is an un-supervised play area, and adults must stay with and supervise children at all times.

Market Mall Children's Play Centre

Daily just off the food-court at Market Mall. This play area is free and has different level areas. Children must wear socks to the play area.

Breastfeeding Cafes

Thursdays, 10 a.m. to 11:30 a.m., at Meewasin Health & Health Centre, 3311 Yonge St. Drop-in support group for breastfeeding women. Sessions will be facilitated by a facilitator or volunteer with a brief educational presentation, and time for interaction with the other mothers.

Movies for Moms

Thursdays, 1 p.m., at Fairview Cinemas in The Centre. An infant-friendly environment with reduced sound, change tables, free warming and stroller parking.

Canadian Light Source (CLS) Public Tours

Thursdays, 10:30 a.m. at the Canadian Light Source, 44 Innovation Drive. The synchronization research facility is open for the public. Pre-registration is required. Call 306-651-3564, email outreach@lightsource.ca or visit lightsource.ca.

Summer Kids Day Camps

Mondays to Fridays, July 1 to Aug. 26, 9 a.m. to 4 p.m., at Wascanaclaw Heritage Park. For kids ages seven to 10. Exploring, crafts and Native History and entertainment. Healthy snacks and lunches are included. To register call 336-531-6037 ext. 334 or email cameron.mceach@



Activities include 10 camp explore, do crafts and learn First Nations history and entertainment at Summer Kids Day Camps at Wascanaclaw Heritage Park. (Rebeka Puchta/Postmedia News)

Wine & Wine.com

Shoestrapped

Fridays, 10:30 a.m. to 10:30 a.m., meet in Frontier Customer Service at The Mall at Lawson Heights. Classes consist of power walking, body sculpting moves using exercise tubing and a stretching for parents and babies. Preregister at www.shoestrappedfitness.com. No classes on stat holidays.

Baby Talk at SPL

Fridays, 10:30 a.m., at Alice Yarcho Branch, Mondays, 10:30 a.m., at Garry King Branch and 15 Wood Branch, and Tuesdays, 10:30 a.m., at Cliff Wright Branch. Half-hour sing-along and rhymes, then mingle with other parents.

Moving and Me

The first Friday each month,

8:30 a.m., at West Mall Pottery, 5-310 Elstow St. It's a parent-project, one-on-parent class designed for one-parent with one child. Painting techniques, tips and ideas. To register call 306-372-3279.

Salvation Army Beaver Creek Camp

Until July 18 and Mondays to Fridays, 8 a.m. to 8 p.m., at the Salvation Army, 1000 Beaver Creek. Includes music camp, adventure camp, team camp and lots of games, take camp and family camp. Wait list/bottom line required.

Kidfest at Native National Historic Site

July 5 to 6, 10 a.m. to 4 p.m., at Barrie National Historic Site. Featuring a petting zoo, bouncy castles, inflatables, obstacle course, giant slide, wagon races, activities and music. Visit www.scc.ca/2013/kidfest.html.

Heads Up! Skateboard/Inline Camp

Fridays, 10 a.m. to 12:30 p.m., at Ballyhoo Boulders Bee, 10-705 Central Ave. Mama enjoy a free cup of coffee while children play in the playground.

Something on Sundays

Until Aug. 11, 10 a.m. to 1 p.m., at the Meewasin Centre, 1000 S. Scolina Cres. E. Free family fun for ages four to 12, accompanied by an adult. Activities include led by gallery artists. Supplies are provided. Day, Wood Play, make and with wood.

Postnatal Yoga

Mondays, 10 p.m. to 7:30 p.m., at Pregnancy and Parenting Health Centre, 346 Third Ave. S. Beginner to intermediate level for all postpartum mothers. Call 306-331-6443 or email mcgillivray@willowlake.com. No classes on stat holidays.

Prenatal Yoga

Mondays, 6 p.m. to 7:30 p.m., at Pregnancy and Parenting Health Centre, 346 Third Ave. S. Teacher led and open to all levels. Feed your bodies in preparation and safe for any pregnancy. Call 306-331-6443 or email mcgillivray@willowlake.com. No classes on stat holidays.

Funkytarts with the Summer Kids Camp

July 7-11 at Funkytarts Studio. For ages eight to 11. Discover elements of art, use many media types and sources, explore free techniques and application, learn art history and more.

ters, and keep a daily sketchbook. With a field trip to the Mendel Art Gallery. To register email funkytarts@sympatico.ca

Craft and Story Time
Saturdays, 11 a.m., at Indigo Books, 3322 Eighth St. It's in the kids' section. Call 306-366-5337.

Summer Music Camps for Kids

Mondays to Fridays, July 7-25 at the U of S. For kids ages four to 10. Explore culture, songs, and games and play different instruments. To register call 306-966-5239. Visit www.caferm.ca/summer-music-camps.

Summer Dance Camps

Mondays to Fridays, July 7-25, at the U of S. For ages four to 10. Dance camp for various age groups and skill levels. Visit www.caferm.ca/summer-dance-camps.

AXP Summer Camps

Mondays to Fridays, through Aug. 10, at Williams Studio in the U of S Williams Building. Art camps for kids ages five to 14. Weeks long day camp where kids learn techniques in drawing, painting, printmaking, mixed media, sculpture and photography. Visit www.caferm.ca/arts-and-camps. To register call 306-966-5339.

YAKI Basketball/Kids Camps

July 7 to Aug. 21, 9 a.m.-3 p.m., at the U of S. Skills camp, basketball camp, shooting camp, running camp, tracking camp, fundamentals and basic skills. (Frisbee with the North-South Indians) Tournament. Aug. 22-23. To register call 306-942-2429 or visit www.yaki.com.

4-Cats Summer Camps

Mondays to Fridays, until Aug. 25, 9 a.m. to 12 p.m., and 1 to 4 p.m., at 346 Eighth St. Various art camps for kids ages five to 12. Visit www.4cats.com.

EVENTS

Adult Discover Day

Camps
Mondays to Fridays, until Aug 22, 9 a.m. to 4 p.m., at the U of S College of Agriculture and Bioresources, 11 Campus Dr. Five-day camps, one four-day camp. Campers must bring a lunch. Register at rebus.usask.ca/community-resources/discovery-program.php.

Sci-Fi Science Summer Camps

Mondays to Fridays, until Aug 22, 9 a.m. to 4 p.m., at the U of S science camps. Technology camps, computer science camps, medical science camps and veterinary medicine camps. Visit soft.usask.ca/summer_camps.php.

Summer Art Camps

Mondays to Fridays, July 7 to Aug. 22, 9 a.m. to 4 p.m., at Island Art Gallery. For ages six to 12. Activities, art projects, crafts, games and workshops featuring the cultures of the ancient and medieval world. Visit www.ca/antiquities/indoor.php.

Summer Ecology Camp for Kids

Mondays to Fridays, July 7 to Aug. 22, at the U of S Various five-day camps for kids ages eight to 12. Visit scientists and learn about various elements of the environment. To register call 306-966-5339.

Living History Children's Workshops

Mondays to Fridays, July 7 to Aug. 22, at the U of S

Museum of Antiquities. For ages six to 12. Activities, art projects, crafts, games and workshops featuring the cultures of the ancient and medieval world. Visit www.ca/antiquities/indoor.php.

Children's Activity Camps

Mondays to Fridays, July 7 to Aug. 29, 9 a.m. to 4 p.m., at the U of S. Sponsored by the College of Kinesiology. For ages five to 12. Various activities in full- or half-day camps are available. Visit www.ca/usask.ca. To register call 306-565-1021.

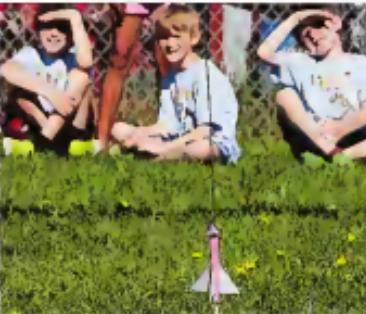
Bibbidi Bobbidi Boo Playroom

Mondays to Fridays, 10:30 a.m. to 4:30 p.m. until late right Thursdays, at Bibbidi

Bibbidi Boo, 11-705 Central Ave. With a wet area, kitchen and shopping centre, puppet theatre, stage and crafts. To book, pre-pay or to check for availability, call 306-384-4781 or email bbibbiprincess@usask.ca.

Living History Young Pioneer Camp

Mondays to Fridays, until Aug. 11 a.m. to 4:30 p.m., at the Western Development Museum. Experience the work and play of the pioneers. Bake bread, make butter and ice cream, grind wheat, wash clothes, milk a cow, gather stones, crafts, and learn about different kinds of transportation. Pre-register by June 30. Visit www.ca/usask.ca/planter_camp.htm.



Students in a 1900s Pioneer history science camp recreate a 19th century model rocket at the U of S campus. PHOTOPHOTO BY GREENPEACE

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- Professional Image

Interested applicants may apply to:

Human Resources

The StarPhoenix, a division of Postmedia Network Inc.
204 5th Ave N
Saskatoon, SK S7K 2P1
humanresources@thestarphoenix.com

EVENTS

Can-Am Gymnastics Camps
July 7 to Aug. 29 at 37025
Matchless Ave. Various
schedules for ages two to 18.
Visit canamgymnastics.ca.

Playgroup

Sundays 9:30 a.m. to 11:30 a.m. in Grace-Westminster
United Church Hosted by
Pronto Hearts Learning
Community, a group of families
inspired by Waldorf education.
Pronto Programming is aimed
at children ages two to five,
but all ages are welcome.

Preschool Story Time

Sundays, 10:30 a.m. to 11
a.m. at Matrix Library, 3200
120th St. E. For children
ages three to five in the Circle
of Trees. Call 204-633-1472.

Puppets at the Mann: See-a-Story

July 8, 10:30 a.m. to 11:30 a.m.
at the Mann Residence, 326
13th St. E. Presented by staff
from Meewasin Valley Corridor.
A story about the early years
of Saskatchewan. Donations are
appreciated. Information at
306-665-6492, writing@the-mann.ca.

Maternal Years

Tuesdays, July 9 to Aug. 26,
7:30 p.m. to 9:30 p.m., at
Playground and Parenting
Health Centre, 248 Third Ave.
A comprehensive children's
education series, preparing
parents for the birth of a
child. To register visit birth-maternalyears.ca.

Moore's Baby Outfitter

Blindfold Fitness Classes
Sunday and Thursdays until
Aug. 29, 10:30 a.m. along the
Moose Jaw Trail. Meet new
friends and start a whole body
workout. To register and for
starting location call 306-
370-2650 or email tasker@sympatico.ca. More information on
Facebook.

BRICKS 4 KIDS® Saskatoon



The 32nd Street Vintage and Artisan Market is now open at a new location. [SUBMITTED PHOTO](http://www.saskatoonvintage.com)

Regular after-school programs, preschool classes and camps for kids of all ages are offered at the Energy East Saskatoon. An atmosphere for students to build unique interests, play games, and have fun using LEGO® blocks. Visit bricks4kids.com or call 306-979-2245.

**Seaskatoon Public Library
Programs**
Decoding dilly doppers for
children and families. Find the
calendar at seaskatoonlibrary.ca.

SPECIAL EVENTS

Let's Step the Energy East
Pumpkin Meeting
July 2, 2 p.m., at Antiques Com-

tins An organizing meeting to
learn about the Energy East
pumpkin and how Saskatoon
can get involved in the move-
ment to stop it. With Corn
Festivals and 2013 being free
to the public. Visit 350.org
sites-the-energy-east.com.

**Valleykaween: Sakakawea's
Super Week of Cycling**
July 3-8 around Seaskatoon. A
cycling festival of events and
demonstrations showcasing
what local clubs in the city are
doing on a weekly basis. Visit
valleykaween.ca.

Evening Market
The first Thursday each
month, 4:30 p.m. to 9 p.m.,
at the Seaskatoon Farmers'
Market.
Saskatoon Yellow Jackets

Home Games
The first Tuesday in July, and
July 16, 1202 Ave. P. Play
against the Weyburn
Bombers. Visit saskatoonsportscouncil.ca.

SPC Dance
The second in June, July and
August, 7 p.m. by the Jesus
Canada Games movement
in Kinsmen Park, Saskatoon.
Inter-epochal inclusiveness club
(SEIC) dance. Learn dances
from many countries around
the world. No experience. Visit
saskatoonspace.com.

Live Thoroughbred Racing
July 4-5, 7:30 p.m. at Manuels
Downe. Live horse racing in
true sporting style.

Hands of Light Workshop

What you need to know to plan your week.
Send events to bridges@thestarphoenix.com

Vintage & Artisan Market New Location

July 5, 9 a.m. to 6 p.m., at
130 33rd St. W-33rd Street
Vintage & Artisan Market
is opening in its new loca-
tion. The market will be open
Wednesday to Sunday.

River Landing Market
Saturdays until Oct. 4, 8 a.m.
to 2 p.m., at 130 33rd Street.
Way Saturday market's along
the Ferryman Market. A
wide variety of art, imports,
handi-crafts, fashion and
dishes.

Live at Lunch 2016
July 5, 12, 19, 26, Aug. 9, 23,
29, 30 a.m. to 1 p.m. at the
Victoria Schools Little Stone
Stage. Live local music out-
side on Broadway Ave.

EVENTS

Street Meet 2

July 4-5 in Saskatoon. A three-day summer festival celebrating street, public and graffiti art. Featuring artists Rosaline West, Deslaurier-Des, Indian, Sivis, and Leah Hale. With a keynote address, workshops, Back Alley Artis, panel discussions and tours of future street artworks. Visit streetmeet.saskatnow.ca or streetmeet.ca.

Dirty Donkey Madman

July 5, 6 p.m. to 6 p.m., at Blacktop Provincial Park. A盲folded洁厕素人赛 with mud mixed in. Participants solo or as a team, compete for best costumes, the muds, and an all-star party raised and support United Way. Tickets and information at dirtydonkey.com.

Back Alley Artists

July 5, 7 p.m. at the corner of 10th Street and 20th St. W. Performing with Street Meet in Rinsedale. Includes dance, performance art, circus arts, spoken word and theater at various locations featuring Free Five Dance Theatre, Circus of Life, Desert Beats Belly Dancers, Gated Toth, Chrysalis Thautz, Stelle Entertainment and Mikha Martin Dance. Admission is free. Donations will support Free Five Dance Theatre Company.

Sioux Dakota Dunes Open

Until July 6 at Dakota Dunes Golf Links. Presented by GeekNet. Watch professional golf up close. Tickets at siouxdukedomopen.com or at the gate.

Pets in the Park

July 6, 9 a.m. to 4 p.m., at Klement's Memorial Park, bring leashed pets to the park for the day. Live music, dance demonstrations is a walkathon, food, pet treats, doggy treats and a silent auction. Retail funds for the Saskatoon SPCA and SCAT STREET CAT Rescue Program. Visit petsinthepark.ca.

Ocean House and Garden Concert

July 6, 1 p.m. to 4 p.m., at The Main Residence, 326 19th St. E. Tickets of the house and five inside in the garden.

Saskatoon Yellow Jackets Home Game

July 7, 7 p.m., at Casino Regina, 320 20th St. W. A unique filmmaking experience. Each filmmaker was given a single roll of Super 8 film, which they return for processing with film editing, cutting or splicing. Admission is free.

Second Annual Desi-Taka Super 8 Festival
July 8, 7 p.m., at The Ray Theatre, 320 20th St. W. A unique filmmaking experience. Each filmmaker was given a single roll of Super 8 film, which they return for processing with film editing, cutting or splicing. Admission is free.



Catch all the action at PGA Canadian Dakota Dunes Open. Sessions run Friday to Sunday at 8 a.m.

THEATRE

Theatre in the Park: The Pied Piper

July 4-5 in Saskatoon parks. Presented by Sam Hillies. A music-filled adaptation of the famous folk tale. Admission is free. Schedule at sammhillies.ca/theatre-in-the-park.

Hills and Hills

July 4-5 at Station Arts Centre, 701 Railway Ave. -Rosthern. Take a peek over the fence at an ordinary family on one extraordinary day. Sam and Hills are about to re-intrigue themselves and their readers when their grown-up children return unexpectedly for an extended stay. Tickets at 306-333-5333.

HMS Puffinore or Alies, Who Lived a Sailor

Until July 5 at Remai Arts Centre. By Gilbert and Sullivan. A classic operetta aboard the British ship HMS Puffinore during the reign of Queen Victoria in England. Presented by Saskatchewan Summer Players, the opera focuses on love between members of different social classes. Tickets at 306-265-7737, remaiartscentre.com.

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on July 6th at 1pm to see
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www.footballcanada.com or like us on



WINE WORLD

SASKATCHEWAN WINE SCENE

Tannins stand up to meat and compliment camping

By James Romanow

If you really feel like supporting a Canadian product, the wine you ought to be drinking is Baco Noir.

This is a wine made from a non-winter-hardy grape (Baco) from a cross between the varietal Pinot Noir and a native North American clone. It was created specifically to free the tannins of our chardonnay.

Seaberry, under the gun of marketing caused most of the vines to be grafted in the '80s and '90s. The VQA even considered not listing it in their quality guidelines. The Speck brothers of Seaberry say that the tannins and tannin-binding proteins in Baco Noir, and for that we all should never drink a glass in trifling.

It is a really nice red wine, but, similar to profile in a pinot noir, it has great acidity, fresh berry flavours and the silky tannins so beloved of pinot noir drinkers. Despite their apparent placing these are tannins that stand up remarkably well to quite rich foods like steak with proper butter. Best of all, costing under the end-of-year price a price under \$15.

I look forward to every new vintage as the Speck brothers just get better and better. I drink it all year round and if ever there was a perfect camping and cabin wine this is it. You can buy it in quantity without regard and drink it with whatever food you're favouring that night.



If you find yourself in Toronto this summer set aside a day or two to check out the Niagara wine. If I were along, I'd start on a stop at Henry of Pelham wine yard.

Henry of Pelham Baco Noir 2010: \$14.99 ***** Many more wines in Monday's paper and on Twitter @jromanow.

Crossword/Sudoku answers

BASSALLE	EMBERS
EGITION	NOIRON
LOCALPU	COGITO
TSK	FATASACOW
ARLE	LAMES
LESLIEY	DIPABLU
ELAINEHALS	WUSS
OIGHT	MSS
SHOO	DOA
DOA	PLAYIN
EGA	STC
SOCIO	SALADE
SLYSA	YVES
SAFOD	APE
TOORAD	TRASHBIR
OLDAE	ARTOKEO
PLATES	YESLETS

8	3	6	5	9	7	4	2	1
1	4	7	3	8	2	6	5	9
9	5	2	1	4	6	7	3	8
3	7	4	6	5	8	9	1	2
6	2	8	9	1	3	5	7	4
5	1	9	7	2	4	3	8	6
4	6	1	2	3	5	8	9	7
7	9	3	8	6	1	2	4	5
2	8	5	4	7	9	1	6	3



HYDE PARK VIEW
333 Sherman Place • Saskatoon, SK



Start Saving Hyde Park **Call
AVAILABLE**
Design your
place!

Written
Shelley Davis

Life Lease Suites for 50+ Plus Adults
306-612-3338

Hyde Park View is introducing the concept of adult housing in Saskatoon. Combining custom pottery style, modern aesthetics and Age-in-Place Design, the 50-plus housing development is a unique blend of modern and traditional elements. The 4.5-storey residence by the Elan Lodge Housing Group offers 144 suites, including 100 life-lease units, 15 affordable rental apartments and 25 personal care suites.

Life lease units are pre-earning with \$7,000 per month, including companion rates during month with a view of Hyde Park. The suites range in size from 450 to 1,157 square feet, with one- and two-bedroom plans, two bedrooms and two bedrooms plus den. Every one-bedroom suite has two bathrooms.

Construction will commence this summer with occupancy beginning in 2016. With a life lease you own the lease for the property. You purchase the right to occupy the unit for as long as you live independently. Hyde Park View is a secure, safe and comfortable place you never have to worry about the security of your investment. Unlike ownership, condo share will never be a surprise bill or the cost. And you promptly receive your money when you conclude your lease. A life-lease is power of rental.

The innovative residence was designed by Saskatoon architect Chris Oliver of Oliver Architecture. It features a mix of residential and commercial units, with a mix of residential plans in the building; modern design and rustic flavor on cooking windows which can open; glassy areas of neighborhood. Hyde Park View will be 275 acres of lakes, green space, walking paths, a paved trail, a 5.5-kilometre paved trail, a swimming lagoon, an outdoor hot tub, many large balconies with glass panel railings.

All of the "main" areas of Hyde Park View feature a mix of modern contemporary floor plans, multi-level cockpits and modern kitchens with large islands, square counter-tops and a full stainless steel appliance package. Two-bedroom master suites have

walk-in closets and spacious bathrooms. Custom options include an on-site barbecue area, Age-in-Place Design, and 36-inch wide doorways and every suite has a walk-in closet. There are also three shower heads in every bathroom. There are no caps or minimums. Mechanical systems are at a higher level than many condos with radiant in floor heat and central air systems with integrated cooling on each suite.

Rentals will enjoy the use of an interior senior space, including the hand-style lobby, accessible during hours (with Red Seal Chef) two guest suites, meeting rooms, private areas, a large common room, paved walkways, more themes, fire pit and a large paved patio with BBQ space and laundry. Every life lease suite includes one parking stall in the general level heated garage. Garage unit allows you to choose a parking space steps away from one of three elevators.

Hyde Park View will also offer 25 personal care suites. As independently, they will be able to move to a privately designed room in the same building that will provide the 24-hour personal care they need. The residents will never be alone; the building, with doors always open, will be a safe, secure and comfortable place to live. A secure entrance to the building will be available 24 hours a day. There are no elevators in the building, but there are stairs.

Hyde Park View offers some of the most innovative space in the city especially when you consider the acreage of the building. The high-end design is perfect for seniors who are changing the light bulb. The Elan Lodge Housing Group has been providing quality housing in Saskatoon for more than 30 years.

For more information, contact sales representative Shelley Davis at (306) 612-3338 and visit the website at www.hydeparkview.ca or drop by Elan Lodge (1125 Main Street) to pick up a sales package.

www.hydeparkview.org